

CHECKLIST FOR A SUCCESSFUL RETURN TO SCHOOL

Encourage parents to have an open discussion with their child to find out how they're feeling in the current situation.

Are they stressed by the delay? Do they feel a bit lost because of the uncertainty of the next few months?

Don't hesitate to make use of the services available at school.

Be open to students so they feel comfortable asking questions and talking about any distress they may be experiencing.

Refer them to psychology counselling as soon as they exhibit signs they are having trouble.

Be aware of the inequality that can exist between students.

Practise patience and direct them to the appropriate psychological and/or academic help.

Leave your judgment at the door; seek to understand their reality.

Offer parents a range of catch-up tools for students that need more assistance.

Also provide young people with the opportunity to attend small tutoring groups.

Consult the Foundation's **free toolkits** and share them with parents of teens.